


## • Life Skills

Build essential life skills.

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### Contact Us


Address: 123 Main St, Johannesburg

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### Empowering the Nation

Welcome to "Empowering the Nation," an initiative that provides essential skills training to domestic workers and gardeners.

[Six-month Courses](#)[Six-week Courses](#)

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## Six-month Courses

- **First Aid**

Learn how to provide emergency medical care.

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- **Sewing**

Master sewing techniques.

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- **Landscaping**

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## Six-week Courses

- **Child Minding**

Take care of children safely.

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- **Cooking**

Learn to prepare nutritious meals.

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- **Garden Maintenance**

Basic gardening techniques.

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